

# Motivational Team Building Program: 6 Weeks

Educational, Motivational, and Team  
Building Exercises





# Introduction

- This six week team building program is designed for high school women's basketball teams, ages 15-17 years old.
- This program will deliver educational, motivational, and team building exercises to provide optimal success and satisfaction among the team.
- A new aspect of team building will be introduced each week, which will challenge these women daily on a physical, mental, emotional, and spiritual level.
- Each program is designed specifically for the team involved.
- For alternative teams, time, and situations, the program may be altered depending on the personality, goals, and values each team carries.



- **Week 1: Introduction to Team Building**
- **Week 2: Team Chemistry & Cohesion**
- **Week 3: Goals / Mission**
- **Week 4: Positive Psychology Strategies**
- **Week 5: Smell the Roses**
- **Week 6: Wrap Up**

## **Team Building Program Format**



# Week 1: Introduction to Team Building



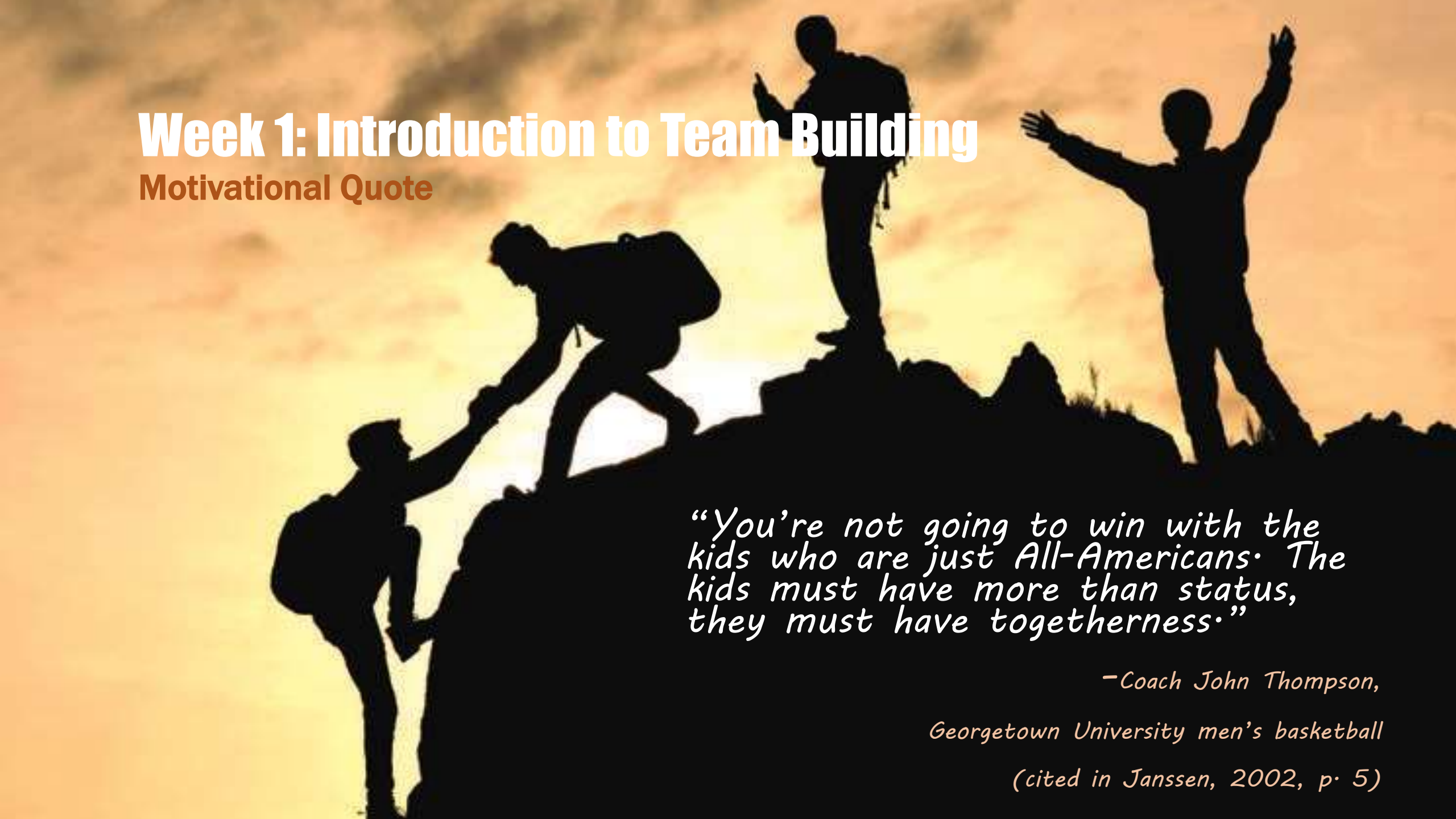
**"Teams do not succeed by talent alone"  
(Janssen, 2002, p. 5).**

**In order to be successful, your team must  
have both talent AND teamwork!**



# Week 1: Introduction to Team Building

## Motivational Quote



*“You’re not going to win with the kids who are just All-Americans. The kids must have more than status, they must have togetherness.”*

*–Coach John Thompson,*

*Georgetown University men’s basketball*

*(cited in Janssen, 2002, p. 5)*

# Week 1: Introduction to Team Building

## Educational Component

### Motivation

- Driven to accomplish a goal
- “Inclination to pursue and persist” (Taylor & Wilson, 2005, p. 5)
- Determination to accomplish goals no matter what it takes
- Finding the proper balance between the ego and the task proves to be the key in keeping motivation alive



### Team Cohesion

- Forming: Players and staff are chosen to work together
- Storming: Players are making friendships or enemies, expressing motivations and work ethic, and sizing up their roles and positions
- Norming: Players develop a common goal and accountability of roles
- Performing: Players have created a confident team who can trust one another and work as a cohesive unit

**= Successful Performance**



# Week 1: Introduction to Team Building

## Team Building Exercise: The Blind Tent

### Part 1

Players will blindfold themselves. The tent will be in its bag or box it came in and be placed in front of the players. In this first round, the coach will instruct the players while they are blindfolded how to put the tent together. This will be a timed exercise. Once the players have successfully put the tent together, the timer will stop.

### Part 2

In the second round of the exercise, the team must again build a tent blindfolded, but this time without the coach's instructions. Before beginning the exercise, the team must take the tent apart and put it back in its case and start all over from the beginning. The timer will start and the team will work on putting the tent back together without the coach. The coaches job is to encourage the team and also give them the time periodically so they know how well they are doing. Their goal is to successfully build the tent, but this time faster than before.



# Week 1: Introduction to Team Building

## References

Janssen, J. (2002). *Championship team building*. Cary, NC: Winning the Mental Game.

Taylor, J. & Wilson, G. (Eds). (2005). *Applying sport psychology; four perspectives*. Champaign, IL:  
Human Kinetics.



# Week 2: Team Chemistry & Cohesion



- Building a positive relationship in team sports contributes to the success and satisfaction of the game.
- Players who can learn to respect and get along with each other will begin to work harder out of reverence and appreciation.
- Instead of just playing for themselves, teams who have cohesion and chemistry begin to play for each other.

# Week 2: Team Chemistry & Cohesion

## Motivational Quote

*Respect is essential to building group cohesion . . . You don't have to like each other. But you do have to respect your colleagues' opinions and decisions, because your personal success depends on commitment to the overall plan and doing your part to make it work."*

*-Pat Summitt,*

*University of Tennessee women's basketball*

*(cited in Janssen, 2002, p. 137)*





# Week 2: Team Chemistry & Cohesion

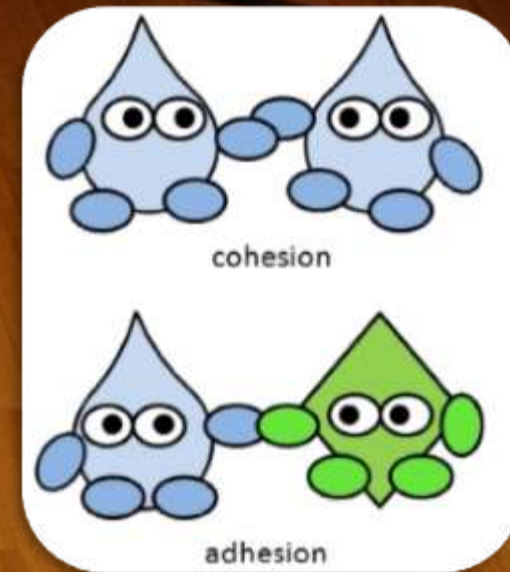
## Educational Component

Building a successful team full of chemistry and cohesion is more than just throwing together a group of people with a common goal. Each player will have their own distinct personality, needs, and desires. Veach and May (cited in Murphy, 2005, p 172) suggest that a team is “a coordinated ensemble that cooperates to achieve a common goal that overrides individual achievement”.



Team Chemistry:

The bonding of players through successful actions



Team Cohesion:

Respect and acceptance of player's roles in the team

# Week 2: Team Chemistry & Cohesion

## Team Building Exercise: 3's and 4's

- Three-on-three contest
- Each player must touch the ball before a shot can be taken.
- Only four passes can be made.
- After four baskets are made, players compliment the other team on specific key moves made.
- Groups are mixed and exercise is repeated.





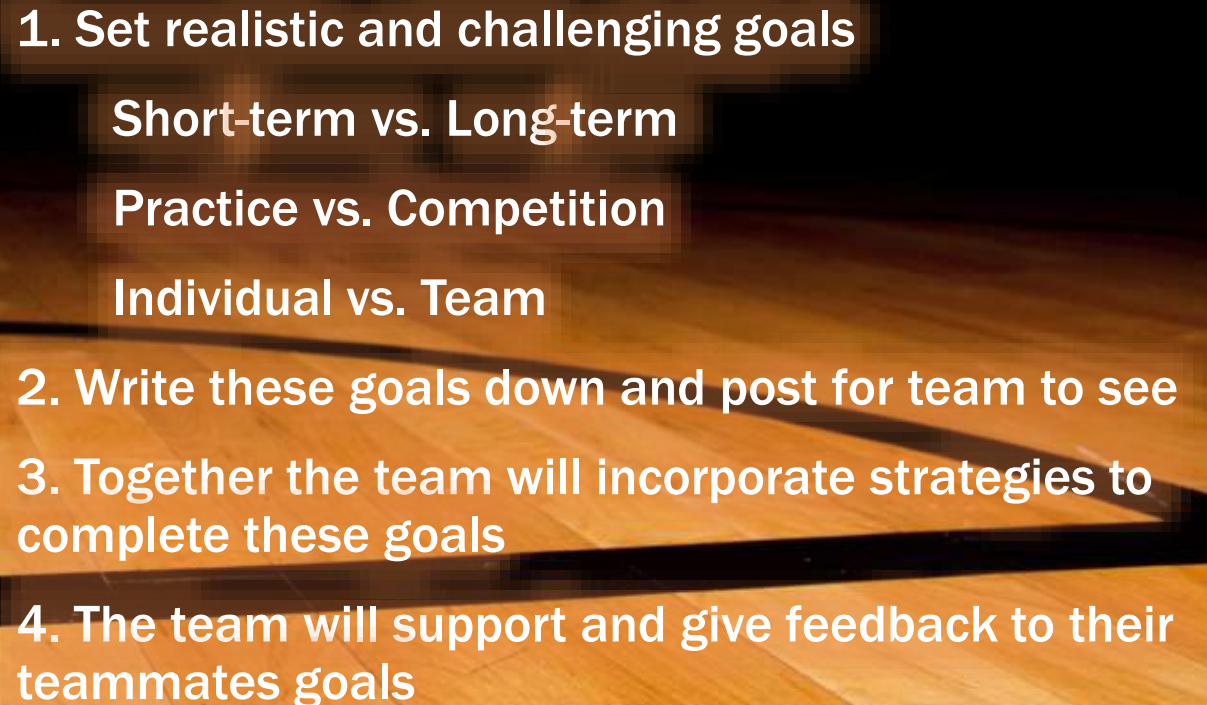
# Week 2: Team Chemistry & Cohesion

## References

Janssen, J. (2002). *Championship team building*. Cary, NC: Winning the Mental Game.

Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.

# Week 3: Goals / Mission

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- A basketball court with a wooden floor and a basketball hoop in the background. The text is overlaid on the image.
1. Set realistic and challenging goals
    - Short-term vs. Long-term
    - Practice vs. Competition
    - Individual vs. Team
  2. Write these goals down and post for team to see
  3. Together the team will incorporate strategies to complete these goals
  4. The team will support and give feedback to their teammates goals





# Week 3: Goals / Mission

## Motivational Quote

*“Our goal is not to win. It’s to play together and to play hard. Then, winning takes care of itself.”*

*- Coach Mike Kryzewski, Duke University men’s basketball  
(cited in Janssen, 2002, p. 43)*

# Week 3: Goals / Mission

## Educational Component

- Goal planning involves a mission statement with the end in mind, to foster an idea of where the athletes want to end up.
- Outcome goals, whether they are dream, seasonal, or competition goals, sets the course for how the athletes can get where they want to be.
- Strategic planning saves time in the long run by providing the athletes with steps on how to obtain their goals.
- Goal execution in the goal setting program allows athletes to meet daily goals and discover specific strategies that help or hinder their performance.
- Lastly, the goal setting program involves goal evaluation. This is where athletes can alter their course of action if need be and understand what is working and what is not.
- All of these steps in goal setting programs keeps the athletes focused on the goal in front of them and not get side tracked by goals that are out of reach.
- This added focus and attention motivates athletes to improve their performance when they are actively working on one step at a time.

**“Our mission is to carry our team with respect and pride while leaving a lasting legacy.”**



# Week 3: Goals / Mission

## Team Building Exercise: Goal Setting

- Together, the team will work on their physical, tactical, technical, and psychological skills.
- Physically the goal is to become more fit. The technical goal is to collect more rebounds. Tactical goals would include better spacing to set them up for the next play. The psychological goal is to build more cohesion among the group.
- Long-term goals include being successful and enjoying the season together, to carry the team name with respect and pride so next year's season will have an example to follow.
- Short-term goals include more training in endurance and technical skills and to learn more about tactical moves to beat the opponents.



# Week 3: Goals / Mission

## References

Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.

Taylor, J. & Wilson, G. (Eds). (2005). *Applying sport psychology; four perspectives*.

Champaign, IL: Human Kinetics.



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**Using motivational tools throughout everyday with yourself and your teammates will increase your confidence and your performance!**

# Week 4: Positive Psychology Strategies

## Motivational Quote



### Positive Affirmations

- We Are Strong
- We Can Do This
- We Have Control
- We Have Worked Hard
- We Are Focused
- We Are Ready

### Positive Self-Talk

- Replace Negativity with Positivity
- Use Set Backs as Lessons
  - Accept Praise
  - Understand Criticism
- Find Optimism in All Situations



# Week 4: Positive Psychology Strategies

## Educational Component



### Self-Talk

Self-talk is a way you can turn your poor performance into an effective learning lesson. When teammates are down, remind them to be positive. Tell yourself and your team that you can succeed with hard work and dedication.

Encourage! Listen! Believe!

### Positive Affirmations

Positive affirmations are great tools to boost confidence and make you feel better. Simple daily reminders can encourage you and your team to stay strong. Post these around the locker rooms and at home.

STOP! Redirect! Reboot!

# Week 4: Positive Psychology Strategies

## Team Building Exercise: Ball vs. Egg People

Tape a large sheet to a wall and put another on the floor below it. Draw three circles on the sheet on the wall as the targets.

Give each player a basketball and a raw egg. Each player takes a turn throwing the ball and the egg at the targets.

Then ask the players: What happened when the ball was thrown against the wall, what happens when it is thrown harder? What happened to the egg when it was thrown against the wall, what happens when it is thrown harder?

Have the players imagine the wall is an obstacle and the balls or eggs are two different types of people.

Ask the players to write down what sort of thoughts allow people to bounce back (like the ball) and what sort of thoughts make people give up (and splatter like the egg).





# Week 4: Positive Psychology Strategies

## References

Enthusiasm and Attitude (n.d.). Retrieved on Oct 14, 2016 from

<https://www.dol.gov/odep/topics/youth/softskills/enthusiasm.pdf>

Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.

Taylor, J. & Wilson, G. (Eds). (2005). *Applying sport psychology; four perspectives*.

Champaign, IL: Human Kinetics.



# Week 5: Smell the Roses

Practice is CANCELLED!



# Week 5: Smell the Roses

## Motivational Quote

Work hard, have fun  
and make history.

Jeff Bezos

# Week 5: Smell the Roses

## Educational Component

Who doesn't love field trips?

This week we will get on the bus and go to THE ZOO!!!

- Take a break and have fun, you deserve it
- Recharge your mental, emotional, and physical energy
- Bond with your team and coach outside of the game
- Energy renewal and recovery is important to reset and avoid burnout (Murphy, 2005)





# Week 5: Smell the Roses

## Team Building Exercise: Zoo Scavenger Hunt

- Have each player pick a partner
- Once arrived at the zoo, the game begins
- Each team must write in the animal they found that matches the description
- The first team to complete the scavenger hunt wins



# Week 5: Smell the Roses

## References

Murphy, S. (Ed.) (2005). *The sport psych handbook*. Champaign, IL: Human Kinetics.

Heidi (2016). Zoo Scavenger Hunt Printables and Book Lists. Retrieved Oct 14, 2016 from  
<http://www.hiphomeschoolmoms.com/zoo-savenger-hunt-printables-and-book-lists/>



A close-up, low-angle shot of a brown leather basketball with black lines, resting on a polished wooden basketball court floor. The ball is positioned on the left side of the frame, casting a soft shadow. A black line from a court boundary runs diagonally across the floor in the foreground. The background is dark and out of focus.

# **Week 6: Wrap Up**

**Final week of team building**

# Week 6: Wrap Up

## Motivational Quote

A basketball team is like the five fingers on your hand. If you can get them all together, you have a fist. That's how I want you to play.

- Mike Krzyzewski





# Week 6: Wrap Up

## Educational Component

**Week 1**  
**Team Building**  
In order to be successful, your team must have both talent AND teamwork!  
**Motivation + Cohesion = Performance.**

**Week 2**  
**Team Chemistry & Cohesion**  
Building a positive relationship in team sports contributes to the success and satisfaction of the game.

**Week 3**  
**Goals / Mission**  
Create a mission statement and goals with the end in mind. Plan, execute, and evaluate. Focus, pay attention, improve.

**Week 4**  
**Positive Psychology Strategies**  
Positive motivational tools such as self-talk and affirmations boost confidence and motivation to persevere.

**Week 5**  
**Smell the Roses**  
Energy renewal and recovery is important to reset and avoid burnout. Take a chance to recharge and bond with your team!



# Week 6: Wrap Up

## Team Building Exercise: Basketball Recall

Have the players sit in a circle with one basketball.

The first person with the basketball will announce what they learned over the last 6 weeks and then pass the basketball to a player across from them. That player announces something different that they learned and passes the ball to someone new.

When everyone has a chance to speak, the topic will change to what they enjoyed the most about the last 6 weeks. Again, everyone gets a chance to share their most enjoyable moment.





# Week 6: Wrap Up

## References

Enthusiasm and Attitude (n.d.). Retrieved on Oct 14, 2016 from

<https://www.dol.gov/odep/topics/youth/softskills/enthusiasm.pdf>

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